

January 4, 2005 - News Briefs

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City of Boulder recruiting for Boards and Commissions

The Boulder City Council is currently accepting applications for City Boards and Commissions.

City Boards offer a unique opportunity to become involved in local government and the community. Service on all Boards is voluntary. Generally, applicants must be a city elector, 18 years of age, and reside within the Boulder city limits.

There are 18 boards that have vacancies. A list of current vacancies is available online at www.ci.boulder.co.us/cmo/boards/bcindex.html. Each board and commission has specific responsibilities, such as transportation, the library and the public access television station. Each board works with and advises particular city departments and City Council on related issues.

Applications can be picked up at the Council Office, 1777 Broadway, Municipal Building, from 8 a.m. to 5 p.m. Monday thru Friday or you can access an application on line at www.ci.boulder.co.us/cmo/boards/bcindex.html.

The deadline to apply is 5 p.m. on Friday, Feb. 18, (no late applications or postmarks will be accepted). Appointments will be made March 15. For more information, contact Keith Richardson, Boulder City Council Office, (303) 441-3090.

Stars of the future

Join city of Boulder Open Space and Mountain Parks Ranger Dave Gustafson for a lesson about the night sky from 7 to 8 p.m. on Friday, Jan. 7, at the NCAR trailhead, west end of Table Mesa Drive at NCAR. This short hike and program will explain the difference between astronomy and astrology, show you where to find the constellation associated with your sign and get a prediction for the new year. Bring a blanket or camp chair and dress for the weather. Hot chocolate will be provided.

For more information on Open Space and Mountain Parks, a complete list of programs, and to sign up for activity e-mail reminders, please visit www.osmp.org.

New Years resolution fitness package- five classes for \$5

City of Boulder Senior Services offers a new five for \$5 fitness package which allows seniors to sample different exercise or health related classes.

Classes are 1 to 2 p.m. on Thursday, Jan. 14, at the East Boulder Community Center, 5660 Sioux Drive; Wednesday, Jan. 19, at the South Boulder Recreation Center, 1360 Gillaspie; or Thursday, Jan. 27, at the North Boulder Recreation Center, 3198 Broadway. The fee is \$5 for city residents, or \$7 for non-residents. Advanced registration is required. Call Senior Services at (303) 441-4150 to register.

Food affects your mood class

City of Boulder Senior Services is offering a class about what foods will keep you feeling relaxed and happy at 9:30 a.m. on Saturday, Jan. 29, at the East Senior Center, 5660 Sioux Drive. Laura Brieser-Smith, a registered dietician and faculty member at Johnson and Wales Culinary Institute, will speak on how what you eat influences your mood, stress level, energy level and mental function. The fee is \$7 for city residents and \$9 for non-residents. Call Senior Services at (303) 441-4150 to register.

Medicare card sign-ups

City of Boulder Senior Services is offering assistance for seniors on Medicare that may be eligible for special benefits. Adults on Medicare may be eligible for a \$600 prescription drug credit if their annual income is under \$12,569, or for a Medicare approved prescription drug card accepted by local pharmacies. Those enrolled in Kaiser Permanente who meet the income criteria can get the credit in addition to their Kaiser medication benefit. For assistance enrolling for a card before the Jan. 14 deadline, contact, Senior Services Community Resources staff at (303) 441-4388.

Art Museum trip for seniors

City of Boulder Senior Services is offering a chartered bus trip to see the "Tiwanaku: Ancestors of the Inca" exhibit at the Denver Art Museum. This senior trip is from 9:30 a.m. to 3 p.m. on Thursday, Jan. 13. Cost ranges from \$22-\$26. Call Senior Services at (303) 441-4150 or (303) 441-3148.

"Behind the Wheel" road evaluation

City of Boulder Senior Services is offering a new, safe driving class for mature drivers. The class, called "Behind the Wheel," includes classroom instruction as well as a private 30-minute road evaluation. For seniors who have never had the opportunity to attend formal driver education, the purpose of this course is to help seniors drive safely longer.

The classroom part of the course is from 9 to 11 a.m. on Thursday, Jan. 20, at East Boulder Senior Center, 5660 Sioux Dr. Participants will learn how to assess their own driving skills; the best types of cars for seniors to drive safely as long as possible; how to phase out of driving in stages, if necessary; and simple exercises to enhance driving ability.

Boulder Police Officer Bud Kelt will discuss safe driving practices and Ron Putnam of the Colorado Driving Institute will explain the road evaluation part of the course. Then, participants will make an appointment with a Colorado Driving Institute instructor for a road evaluation on another day.

The class is \$55 for Boulder residents and \$60 for non-residents. For more information or to register, call the East Senior Center at (303) 441-4150 or the West Center at (303) 441-3148.

Hearing loss class

City of Boulder Senior Services is offering a new class that covers the biology of hearing loss, coping techniques and strategies, the use and limitations of hearing aids, and useful information for those who may be considering shopping for a hearing aid. This four session class will be held from 10:30 to 11:30 a.m. on Fridays beginning Jan. 7 and ending Jan. 28, at the East Senior Center, 5660 Sioux Drive, and will be conducted by Longmont audiologist Dr. Ronda Willmot. The fee is \$35 for city residents or \$39 for non-residents. Call Boulder Senior Services at (303) 441-4150 or (303) 441-3148 to register.